## What is claimed is:

1. A shock absorber, comprising:

shock absorbing members of synthetic resin, each shock absorbing member including:

a lattice body, said lattice body including a plurality of plate ribs, each of said plate ribs being reduced in thickness from a proximal end toward a distal end thereof and being disposed intersecting with each other,

wherein said shock absorbing members are arranged in a stack such that the direction of the plate ribs extending from the proximal end toward the distal end is oriented in an impact direction.

- 2. The shock absorber according to claim 1, wherein a lattice opening at a center of each of said lattice bodies is larger than lattice openings formed on a portion of said lattice bodies other than the center.
- 3. The shock absorber according to claim 1, wherein a portion of the plate ribs positioned in a central area of the lattice body is thinned out when forming the lattice body.
- 4. The shock absorber according to claim 1, wherein said plate ribs are oriented in a plurality of rows and a plurality of columns, said plurality of plate ribs oriented in rows intersecting with said plurality of plate ribs oriented in columns generally at a right angle.

- 5. The shock absorber according to claim 1, wherein said shock absorbing members are stacked horizontally with respect to each other with a distal end of one shock absorbing member abutting a proximal end of another, adjacent shock absorbing member.
- 6. The shock absorber according to claim 1, wherein said plate ribs form a plurality of lattice spaces in each of said lattice bodies, said lattice spaces being open at one end and closed at another, opposite end.
- 7. The shock absorber according to claim 6, wherein said closed ends of said lattice spaces are formed by a tabular basal plate, said tabular basal plate extending generally perpendicular to the impact direction.
- 8. The shock absorber according to claim 7, wherein said tabular basal plate includes a plurality of cross-shaped bodies extending in the impact direction therefrom, said plurality of cross-shaped bodies being located on a side of said tabular basal plate opposite to said plurality of plate ribs.
- 9. The shock absorber according to claim 8, wherein said plurality cross-shaped bodies on one lattice body are located within the lattice spaces of another, adjacent lattice body.

## 10. A shock absorber, comprising:

shock absorbing members of synthetic resin, each shock absorbing member including:

a lattice body, said lattice body including a plurality of plate ribs forming a plurality of lattice spaces, each of said plate ribs being reduced in thickness from a proximal end toward a distal end thereof and being disposed intersecting with each other; and

a tabular basal plate, said tabular basal plate for shielding each of said lattice spaces of the lattice body, said tabular basal plate being molded integrally with said lattice body,

wherein said shock absorbing members are arranged in a stack such that the direction of the plate ribs extending from the proximal ends toward the distal ends is oriented in an impact direction.

- 11. The shock absorber according to claim 10, wherein a lattice opening at a center of each of said lattice bodies is larger than lattice openings formed on a portion of said lattice bodies other than the center.
- 12. The shock absorber according to claim 10, wherein a portion of the plate ribs positioned in a central area of the lattice body is thinned out when forming the lattice body.
- 13. The shock absorber according to claim 10, wherein said plate ribs are oriented in a plurality of rows and a plurality of columns, said plurality of plate

ribs oriented in rows intersecting with said plurality of plate ribs oriented in columns generally at a right angle.

- 14. The shock absorber according to claim 10, wherein said shock absorbing members are stacked horizontally with respect to each other with a distal end of one shock absorbing member abutting a proximal end of another, adjacent shock absorbing member.
- 15. The shock absorber according to claim 10, wherein said tabular basal plate extends generally perpendicular to the impact direction.
- 16. The shock absorber according to claim 15, wherein said tabular basal plate includes a plurality of cross-shaped bodies extending in the impact direction therefrom, said plurality of cross-shaped bodies being located on a side of said tabular basal plate opposite to said plurality of plate ribs.
- 17. The shock absorber according to claim 16, wherein said plurality cross-shaped bodies on one lattice body are located within the lattice spaces of another, adjacent lattice body.